

The Big Red

Makes: 6 Servings

Ingredients

3 ounces barley
2 cups Butternut squash, peeled, seeded and diced
2/3 cup Fresh Beets, scrubbed, trimmed and peeled
1 1/2 teaspoons Vegetable Oil, Canola
3/4 teaspoon Cinnamon ground
1/4 cup Pumpkin seeds toasted
2 ounces Reduced fat shredded cheddar cheese
3/4 teaspoon Coarse or kosher salt



Directions

1. Wash hands for 20 seconds and dry with single use paper towel. Preheat oven to 350 degrees F.
2. Boil barley for approximately 60 minutes on medium heat or until tender.
3. Drain, rinse and coat with 1/3 oil.
4. You can chill for further use later. Chill to 70 degrees within 2 hours and to 40 degrees within 4 hours if you do not continue with preparation.
5. Peel, seed and dice butternut squash. This may be done in advanced.
6. Scrub trim, and peel beets, then dice. Do not prepare in advance or beet juice may dry out and recipe may not be as pink in color.
7. Toss 1/3 oil and cinnamon with diced butternut squash and the remaining oil with the diced beets.
8. Roast squash and beets separately for 25 minutes on sheet pans.
9. Toast pumpkin seeds for 15 minutes at 300 degrees if already not toasted.
10. Mix all ingredients except for cheese.
11. Serve 1/2 cup serving.

12. Garnish with 1/3 ounce of shredded cheese.

Notes

Serving Size: 1/2 cup